

Giardia

Bureau of Epidemiology and Disease Control Services
Office of Infectious Disease

WHAT ARE THE SYMPTOMS*?

Diarrhea or oily stool

Fatigue

Stomach cramps or bloating

Foul-smelling burps

Nausea or vomiting

Weight loss

*All can last 2-4 weeks or longer

WHAT IS GIARDIA?

Giardia is a tiny bug that causes diarrhea. Chlorine-tolerant, Giardia is often spread through swallowing contaminated water, but also through food and person-to-person contact.

HOW DO I AVOID GETTING THEM?

Wash hands after going to the bathroom, changing a diaper, gardening, handling a pet's poop, touching garbage, before eating, preparing food and cleaning a wound.

Avoid swallowing water from pools, hot tubs, streams, or ponds.

Avoid contact with poop. For instance, don't swim while having diarrhea or change diapers poolside.

FUN FACT

There is an increase in Giardia infections in the summer. This could be related to more people swimming in communal pools and swallowing pool water, or camping and drinking untreated water from lakes or streams.

WHO CAN GET IT?

Backpackers and campers

Diaper-wearing children and their parents or caretakers

Travelers to areas with poor water treatment

Swimmers

Contact

AZ Department of Health Services
Office of Infectious Disease
602-364-3676
www.azhealth.gov/waterborne



SOURCE: <http://www.cdc.gov/parasites/giardia/>